

PRE-EMPLOYMENT PHYSICAL FITNESS TEST REQUIREMENTS

MALE Push-Ups	
Age	Required
20-29	27
30-39	21
40-49	16
50-59	11
60+	9

FEMALE Push-Ups	
Age	Required
20-29	22
30-39	17
40-49	11
50-59	10
60+	4

MALE Sit-Ups Timed 1 Minute	
Age	Required
20-29	37
30-39	33
40-49	28
50-59	22
60+	18

FEMALE Sit-Ups Timed 1 Minute	
Age	Required
20-29	31
30-39	24
40-49	19
50-59	12
60+	5

MALE 1 ½ Mile Run	
Age	Time Required
20-29	12:53
30-39	13:24
40-49	14:11
50-59	15:26

FEMALE 1 ½ Mile Run	
Age	Time Required
20-29	15:14
30-39	15:58
40-49	16:46
50-59	18:37

MALE Bench Press*	
Age	Percentage
20-29	.96
30-39	.86
40-49	.78
50-59	.70
60+	.65

FEMALE Bench Press*	
Age	Percentage
20-29	.58
30-39	.52
40-49	.48
50-59	.43
60+	.41

***BENCH PRESS** – Percentage for age group multiplied by body weight.

TRIGGER PULL/Semi Auto Slide Lock Back – Candidate must pull gun trigger with index finger 12 times in each hand. Candidate must also successfully pull and lock back slide of a semi-automatic pistol.